

SAMPLE MENU

Breakfast

grapefruit 1/2
dry cereal 3/4 cup
banana 1/2
whole wheat toast
2 slices
margarine 2 tsp
jelly or jam 1 Tbsp
skim milk 1 cup
coffee 3/4 cup

Lunch

fat free vegetable soup
1 cup
lean hamburger 2 oz
mozzarella cheese made
with skim milk 1 oz
hamburger bun
sliced tomato
lettuce
fresh fruit salad
1/2 cup
angel food cake 1 slice
skim milk 1 cup
coffee 3/4 cup

Dinner

tomato juice
1/2 cup
broiled chicken
breast without
skin 3 oz
herbed rice
1/2 cup
broccoli 1/2 cup
with low fat
cheese sauce
1/4 cup
hard dinner roll
margarine 1 tsp
carrot/raisin
salad 1/2 cup
low fat frozen
strawberry
yogurt 1/2 cup
skim milk 1 cup

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	2060	Fat.....	50 gm
Protein.....	110 gm	Sodium.....	4000 mg
Carbohydrates	299 gm	Potassium.....	4245 mg

LOW FAT DIET



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LOW FAT DIET

PURPOSE

For a regular healthy diet, it is recommended that of the total calories eaten, no more than 30% should come from fat. However, certain diseases and medical conditions can make it difficult for the body to tolerate even that much fat, so a low-fat diet may help people with these conditions.

Gallbladder Disease: Bile secreted from the gallbladder helps the food break down and absorb fats. When gallstones or gallbladder diseases are present, a low-fat diet is often used to prevent complications.

Delayed stomach emptying (Gastroparesis) is a condition in which the stomach empties food into the intestine too slowly. This can cause bloating, nausea, and even vomiting. Normally, fat in foods delays stomach emptying, so fats make gastroparesis worse.

Diarrhea can be caused by many conditions. When it occurs, it can be aggravated by eating fatty foods.

Malabsorption of nutrients: Absorption is the transfer of nutrients into the bloodstream from the intestine. In some diseases of the pancreas and small intestine, patients have trouble

absorbing nutrients from the diet, including fat. A low-fat diet may help to control symptoms until the cause of malabsorption can be diagnosed.

Fatty Liver: For a number of reasons, fat may accumulate in the liver. Fat is not normally stored in the liver, and in some cases this can cause damage to the liver. A low fat diet and weight reduction may be helpful.

NUTRITION FACTS

This diet generally meets the Dietary Reference Intakes developed by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. In some cases, however, the physician may prescribe supplements. Women of childbearing age and those people with malabsorption may need to take certain vitamin and/or mineral supplements.

SPECIAL CONSIDERATIONS

1. Be careful how foods are prepared. Trim all visible fat from meats. Bake, steam, or broil meats and fish instead of frying. Toppings for potatoes and pastas should contain no fat above the three allowed daily servings.

2. This low-fat diet should be used until the underlying medical condition is controlled or corrected. The physician will

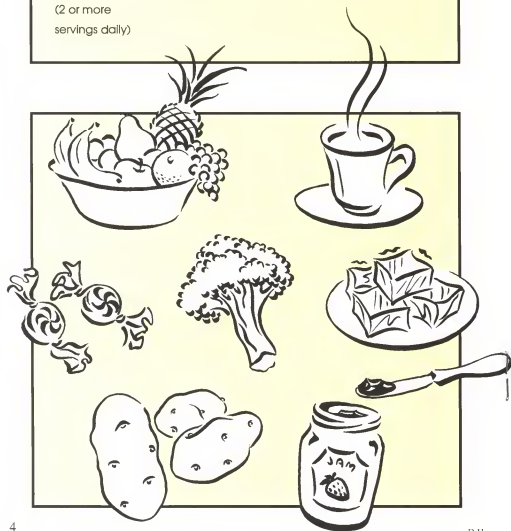
give any individual instructions, and tell you when you no longer need to use the low-fat diet.

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Milk & milk products (2 or more servings daily)	skim milk, evaporated skim milk, skim buttermilk, nonfat sour cream, yogurt made with skim milk (3 gms fat or less/oz, maximum of 3 oz /day), fat-free cheeses, low-fat cottage cheese, part skim mozzarella cheese, part skim or skim ricotta cheese	whole milk, cream, sour cream, non-dairy creamer, whole milk cheese, cheese spreads
Bread & grains (4 or more servings daily)	whole grain and enriched breads, cold cereal, whole grain cereals (except granola), saltines, soda crackers, low-fat snack crackers, rice cakes, unbuttered popcorn, low-fat muffins, plain pasta, barley, oatmeal, home-made pancakes without fat, French toast made with egg substitute and skim milk	breads containing egg, cheese, or made with fat; biscuits; sweet rolls; pancakes; French toast; doughnuts; waffles; fritters; muffins; granola- type cereals; snack crackers; potato chips; packaged stuffing; fried rice; chow mein noodles

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Vegetables (3 or more servings daily)	all vegetables (steamed, raw, boiled, or baked without added fat)	fried vegetables or those in cream, cheese, butter sauces, dips
Fruits (2 or more servings daily)	all other fruits	avocado



FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Meat & meat substitutes (5 to 6 oz. daily)	poultry (without skin); veal; lean beef trimmed of fat (USDA good or choice cuts of round, sirloin, flank, and tenderloin); fresh, canned, cured, or boiled ham; Canadian bacon; lean pork (tenderloin, chops, cutlet); fish (fresh, frozen, canned in water); eggs (boiled, scrambled without added fat); luncheon meat at least 95% fat free	any fried, fatty, or heavily marbled meat, fish, or poultry; beef (USDA prime cuts, ribs, ground beef, corned beef); pork (spareribs, ham hocks); fish (canned in oil); eggs (fried in butter, oil, or margarine); luncheon meat less than 95% fat free
Beverages (4 to 6 cups or more daily)	decaffeinated or regular coffee or tea, cocoa made with skim milk, fruit juices, soft drinks, water	beverages made with high fat dairy products
Soups	fat-free broths, consommés, bouillon; soups made with fat-free broth, skim milk, evaporated skim milk	cream soups, soups with added oils or meat fats, soups made from stocks containing meat fat

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Fats & oils (3 servings daily, each listed is one serving)	avocado 2 Tbsp or 1/8 medium, margarine 1 tsp, diet margarine 2 tsp, salad dressing 1 Tbsp, diet salad dressing 2 Tbsp, vegetable oils 1 tsp, nuts (raw or dry roasted): almonds 6, peanuts 20 small or 10 large, whole walnuts 2, whole pistachios 18, sesame seeds 1 Tbsp, sunflower seeds 1 Tbsp, saturated fats: bacon 1 strip, butter 1 tsp, dried coconut 2 Tbsp, cream cheese 1 Tbsp, sour cream 2 Tbsp, other fats: olive oil 1 tsp, peanut oil 1 tsp, large olives 10, peanut butter 2 tsp	any fat in excess

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Sweets & desserts (servings depend on caloric needs)	sherbet made with skim milk, non-fat frozen yogurt, fruit ice, gelatin, angel food cake, vanilla wafers, ginger snaps, graham crackers, meringues, puddings made with skim milk, tapioca, fat-free cakes and cookies, fruit whips made with gelatin or egg whites, hard candy, jelly beans, jelly, jams, marmalades, maple syrup	ice cream, pastries, cakes, cookies, pies, doughnuts, pudding made with whole milk, cream puffs, turnovers, chocolate

SPECIAL INSTRUCTIONS